

GRUP FITNESSES



o n F o r u m

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BOSU STRENGTH	Beth Yates/Jentry Mills	Fitness Room
5:45 - 6:45 a.m.	JOURNEY	Nikki Barnes	Cycling Room
8:30 - 9:00 a.m.	BOSU	Betty Bohon	Fitness Room
9:00 - 10:00 a.m.	RPM	Betty Bohon	Cycling Room
9:00 - 10:00 a.m.	EVOLUTION STEP	Fran Welek	Fitness Room
9:10 - 10:25 a.m.	AQUASTRETCH FIT & GO	Barb Buchanan	Pool
10:10 - 11:10 a.m.	TBW	JoAnn Wilson	Fitness Room
4:25 - 5:20 p.m.	SIMPLY STEP	Cathy Forbes	Fitness Room
5:25 - 6:25 p.m.	BODYSTEP	Kelie Morgan	Fitness Room
5:40 - 6:30 p.m.	RPM	Erica Beshore	Cycling Room
5:45 - 6:45 p.m.	AQUABLAST	Alysha Kestner	Pool
6:30 - 7:25 p.m.	INTERVAL INERGY	Brenda Brown	Fitness Room
7:30 - 8:15 p.m.	BOSU	Kacie Fisher	Fitness Room

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BODY STEP	Cori Day	Fitness Room
5:45 - 6:45 a.m.	JOURNEY	Betty Bohon	Cycling Room
8:30 - 9:20 a.m.	YOGA	Linda Keown	Fitness Room
9:30 - 10:30 a.m.	BODYCOMBAT	Jennifer Trachsel	Fitness Room
10:35 - 11:35 a.m.	BODYPUMP	Amy Appold/Jeralee Wolf	Fitness Room
4:30 - 5:25 p.m.	POWER YOGA	Joy Millard	Fitness Room
5:30 - 6:25 p.m.	TBW	Lori Doherty	Fitness Room
5:40 - 6:30 p.m.	RPM	Ted Brandt	Cycling Room
6:30 - 7:30 p.m.	BODYCOMBAT	Cori Day	Fitness Room
7:30 - 8:00 p.m.	HARDCORE	Cori Day	Fitness Room

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BODYPUMP	Lisa Kent	Fitness Room
5:45 - 6:30 a.m.	RPM	Karla Klingner Diaz	Cycling Room
8:30 - 9:25 a.m.	BOSU CHALLENGE	Fran Welek	Fitness Room
9:00 - 10:00 a.m.	JOURNEY	Betty Bohon	Cycling Room
9:10 - 10:10 a.m.	AQUASTRETCH FIT & GO	Lisa Glass	Pool
9:30 - 10:30 a.m.	BODYSTEP	Kelie Morgan	Fitness Room
10:15 - 11:10 a.m.	PILATES-ALL LEVELS	Kandis Cunningham	Pilates Room
4:25 - 5:20 p.m.	SIMPLY STEP	Cathy Forbes	Fitness Room
5:25 - 6:25 p.m.	BODYSTEP	Tara Dubinski	Fitness Room
5:45 - 6:45 p.m.	POWER HOUR	Alysha Kestner	Pool
6:30 - 7:30 p.m.	INTERVAL INERGY	Brenda Brown	Fitness Room

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BODYCOMBAT	Lisa Kent	Fitness Room
5:40 - 6:30 a.m.	RPM	Ted Brandt	Cycling Room
8:30 - 9:25 a.m.	POWER YOGA	Kacie Fisher	Fitness Room
9:30 - 10:30 a.m.	BODYCOMBAT	Jennifer Trachsel	Fitness Room
10:35 - 11:35 a.m.	BODYPUMP	Jeralee Wolf/Jennifer Trachsel	Fitness Room
4:30 - 5:25 p.m.	YOGA	Linda Keown	Fitness Room
5:30 - 6:25 p.m.	BODYPUMP	Adina Laird	Fitness Room
5:40 - 6:30 p.m.	RPM	Erica Beshore	Cycling Room
6:30 - 7:30 p.m.	BODYCOMBAT	Anna Roberts	Fitness Room
7:30 - 8:00 p.m.	HARDCORE	Anna Roberts	Fitness Room

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BODYSTEP	Tara Dubinski	Fitness Room
5:45 - 6:45 a.m.	JOURNEY	Nikki Barnes	Cycling Room
8:30 - 9:00 a.m.	BOSU	Betty Bohon	Fitness Room
9:00 - 10:00 a.m.	JOURNEY	Betty Bohon	Cycling Room
9:00 - 10:00 a.m.	BODYSTEP	Kelie Morgan	Fitness Room
9:10 - 10:25 a.m.	AQUASTRETCH FIT & GO	Barb Buchanan	Pool
10:00 - 10:55 a.m.	Power YOGA	Gretchen Chudy	Pilates Room
10:10 - 11:10 a.m.	TBW	JoAnn Wilson	Fitness Room
4:30 - 5:25 p.m.	BODYCOMBAT	Lisa Kent	Fitness Room
5:30 - 6:30 p.m.	BODYPUMP	Lisa Kent	Fitness Room

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00 - 9:00 a.m.	JOURNEY/RPM	Michele Tobia/Ted Brandt	Cycling Room
8:30 - 9:25 a.m.	TBW	JoAnn Wilson	Fitness Room
9:00 - 10:00 a.m.	JOURNEY/RPM	Karla Klingner Diaz/Anna Roberts	Cycling Room
9:00 - 9:55 a.m.	PILATES-ADVANCED	Mary Haliburtn	Pilates Room
9:15 - 10:15 a.m.	AQUA BLAST	Tina Price	Pool
9:30 - 10:30 a.m.	BODYCOMBAT	Drew Nervig	Fitness Room
10:35 - 11:30 a.m.	BOSU CHALLENGE	Cindy Calvin	Fitness Room

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:25 - 12:25 p.m.	BODYSTEP	Sara Bozdech	Fitness Room
12:30 - 1:30 p.m.	BODYPUMP	Catina Topash/Jentry Mills	Fitness Room
1:35 - 2:30 p.m.	BELLY DANCING	Jennifer Carter	Fitness Room
4:30 - 5:30 p.m.	POWER YOGA	Holly Andrews	Fitness Room

CLASSES HIGHLIGHTED IN **ORANGE** ARE NEW.
CLASSES HIGHLIGHTED IN **GREEN** REQUIRE ADDITIONAL INVESTMENT AT FRONT DESK. BE SURE TO INQUIRE ABOUT PRE-PAID SERVICES.